

PHYSICIAN CLEARANCE FORM
FOR
NEBRASKA STATE PATROL
2015 SWORN OFFICER SELECTION PROCESS

1. THE PHYSICAL ABILITIES TEST WILL BE HELD NOVEMBER 16-20, 2015, AT THE TRAINING ACADEMY IN GRAND ISLAND. APPLICANTS WHO ARE STILL IN THE SELECTION PROCESS WILL BE INVITED TO ATTEND.
2. YOU MUST BRING THIS COMPLETED FORM WITH YOU TO THE PHYSICAL ABILITIES TESTING.
3. YOU WILL NOT BE ALLOWED TO PARTICIPATE IN THE PHYSICAL FITNESS TEST WITHOUT THIS FORM BEING COMPLETED AND SIGNED BY YOUR LICENSED PHYSICIAN.
4. DO NOT MAIL THIS FORM TO THE STATE PATROL.

I have examined, and am of the opinion, that _____ is capable of participating in the Nebraska State Patrol's physical fitness test as described below:

- 1) **Body Mass Index** (BMI – No physical activity required; candidate must have a BMI of 29 kg/m² or less based on the weight and height measurements taken on the day of testing.)
- 2) **Handle Weapons** (Candidate will be required to pick up and hold a handgun, pull trigger and work the slide of the handgun three times with each hand; pick up and hold a shotgun, pulling the trigger and working the charging handle of the shotgun.)
- 3) **Scale Lift & Carry** (Candidate will be required to grasp two 45-pound scales, by the handles, lift them from the ground, and carry them a distance of 30 feet.)
- 4) **Run with Obstacle** (Candidate will be required to jump down from a two-foot platform, run a total distance of 100 feet, jump across a four-foot wide obstacle on the ground, and end by crouching behind an object, with a 12-second time limit.)
- 5) **Dummy Drag** (Candidate will be required to grasp a 165-pound dummy and drag it a distance of 39 feet in 20 seconds.)
- 6) **1.5 Mile Run** (Candidate will be required to run one and one-half (1.5) miles in a time limit that is determined by gender and age. Refer to the following table for the time limits (in minutes and seconds) for each group:

AGE GROUP	MEN	WOMEN
20-39	15:10	18:30
40-49	16:00	19:20
50-59	17:30	20:45

Licensed Physician's Signature

Date

Printed Name of Licensed Physician, Business Location, and Phone #